



WORKOUT #2 – Record your made baskets and try and improve each week.

Level 1	Date:	/	/	/	/	/	/	/
Right/ Left hand layups. (Mikan drill)	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5	R: /5 L: /5
Form shooting from 3 spots	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5	R: /5 M: /5 L: /5
Elbow Jump Shots	/10	/10	/10	/10	/10	/10	/10	/10
Bank shots (two steps from block)	/10	/10	/10	/10	/10	/10	/10	/10
Free throws	/10	/10	/10	/10	/10	/10	/10	/10
1 Dribble & Shot - Base	/10	/10	/10	/10	/10	/10	/10	/10
1 Dribble & Shot – 45	/10	/10	/10	/10	/10	/10	/10	/10
1 Dribble & Shot - Top	/10	/10	/10	/10	/10	/10	/10	/10

- Each drill is done for 10 repetitions and record how many went in. For the Mikan layup drill, do 5 each side.
- For form shooting do 5 at each sport.
- KEY: R = Right, L= Left, M=Middle